

June Senior Center Gazette 2004

Join in the Father's Day Fun!

Friday, June 18, Noon
Father's Day Celebration

Rib Eye Roast
with Sauce Bordelaise
Baked Potato & Salad
\$5 members
\$6 non-member seniors
\$7 "youngsters" under 55
Buy your tickets early!

SPEAKERS IN JUNE

Tuesday, June 8, 1 pm
Cherisse Adams

**ECHO Housing: Reverse
Mortgages & Mortgage Options**
Concerned about keeping your home
on a fixed income? Want some
additional income without selling
your home? Seniors who have built
up equity in their homes should
come to hear about some of their
mortgage options and income
possibilities, while still living in
their own homes.

Tuesday, June 29, 1 pm
Rivka Yerushalmi - BACS
(Bay Area Community Services)
Adult Day Care & Health Care

You or someone in your family will
want to know about this helpful
program. From 9-3 pm, Monday
through Friday, the BACS Center
offers exercise, hot lunch,
socialization, and supervised
therapeutic assistance to anyone
over 18 with physical, mental,
cognitive, and post-stroke
disabilities, as well as people with
Parkinsons disease. Ms. Yerushalmi
will describe the programs and
services offered. The BACS
program is located at 39600
Sundale Dr., at the former Noll
Adult School.

**Riley's 4th of July Barbecue on
Friday, July 2nd at Noon**
Chicken, Ribs, Sausage
Corn, Beans, Potato Salad
\$5, \$6, \$7
Buy your tickets early!

COMMUNITY SERVICES

| | |
|--------------------------------------------------|----------------------|
| SENIOR SERVICES..... | 574-2050 |
| Coordination of services for homebound seniors | |
| Companions for Life (Medical Alert Program) | |
| Local van group trips for shut-ins..... | 574-2082 |
| Tri-City Elder Coalition..... | 574-2064 |
| LIFE ELDERCARE..... | 574-2090 |
| Caregivers Support..... | 574-2035 |
| Home Services Registry..... | 574-2095 |
| Meals on Wheels..... | 574-2092 |
| Friendly Visitor Program..... | 574-2097 |
| TRANSPORTATION ASSISTANCE | |
| AC Transit Information*..... | 511 |
| City of Fremont Paratransit Program..... | 574-2053 |
| East Bay Paratransit Program..... | 1-800-555-8085 |
| HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS)..... | 494-4500 |
| LEGAL ASSISTANCE FOR SENIORS..... | 1-800-393-0363 |
| SOCIAL SECURITY..... | 1-800-SSA-1213 |
| MEDICARE..... | 1-800-952-8627 |
| MEDICARE & INSURANCE COUNSELING(HICAP)..... | 839-0393 |
| TRI-CITY HEALTH CLINIC..... | 713-6685 |
| SENIOR LIBRARY SERVICES..... | 745-1499 or 745-1491 |
| SENIOR PEER COUNSELING..... | 574-2063 |
| ALZHEIMER ASSOCIATION HOTLINE..... | 1-800-660-1993 |

*511 is a new toll-free voice activated phone service. Call 511 for information
on AC Transit BART, road conditions and trip planning.

Tuesday, June 22, 1 pm STARTING NOW Understanding the Risks and Warning Signs of Stroke

"Having a stroke is a frightening
experience, with often long-term
effects. And, about one-third of all
stroke survivors will have another
stroke within five years. What most
people fail to realize, however, is that
some strokes are preventable. By
recognizing the signs and symptoms and
making simple lifestyle changes, people
may be able to reduce their risk of
another stroke."

SIGNS OF STROKE

- Sudden numbness or weakness
of the face, arm or leg,
especially on one side of the
body
- Sudden confusion, trouble
speaking or understanding
- Sudden trouble seeing in one or
both eyes
- Sudden trouble walking,
dizziness, loss of balance or
coordination
- Sudden, severe headache with
no known cause

When someone shows one or more of
these signs, call 911 immediately.

June Birthday Party Friday, June 11, 1:30 p.m. Entertainment by

Fremont Senior Center Singers
Come and enjoy our fabulous Senior
Center Singers, even if June is not
your birthday month. Cake, ice
cream, and coffee will be served in
the dining room after the show. Prizes
will be awarded in a drawing
from the names of seniors present
that have birthdays in June. Prizes
have been donated by Kathy's Floral
Design in the Walnut Plaza, Atria's
Retirement Inn, Cookies by Design,
Rose's Mortuary, and the Builder's
Fund



Meet Me on Broadway was a huge
success! Over \$60,000 was raised
to support senior services. Thanks
to everyone who volunteered with
the silent auction, bought & sold
tickets, contributed gifts & funds,
purchased ads, and joined in the
fun. Together, we worked wonders!



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.